

**ALL CITIZENS**  
of the world  
can **SAVE** a life



**16 OCTOBER**  
World Restart A Heart Day

Restart a heart in **3** simple steps!



**1** Check



**2** Call



**3** Compress

MORE INFO

[WWW.ILCOR.ORG/WRAH](http://WWW.ILCOR.ORG/WRAH)

[#WORLDRESTARTAHEART](https://twitter.com/WORLDRESTARTAHEART)

AN INITIATIVE



EUROPEAN  
RESUSCITATION  
COUNCIL